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**TRAINING PAD APPARATUS****ABSTRACT**

A training pad apparatus and method for follow-through striking with consistent resistance,  
5 positioning and resetting. A training, or striking, pad is connected to a training pad arm, which is in turn  
connected to a pivot assembly. The pivot assembly includes a pivotal connection member that is fixed in  
position and is pivotally connected to an end of the training pad arm opposite the training pad. The pivot  
assembly also includes elongated elastic members that provide a resisting force in a plane  
approximately orthogonal to the length of the training pad arm. An enclosure houses the pivot assembly  
10 and defines an opening through which the training pad arm extends. Optional positioning poles extend  
in a parallel manner through the enclosure and provide a means for slidably adjusting the position of  
training pad along the length of the poles.